

*Supplementary Material***Smartphone-based psychotherapeutic micro-interventions to improve mood in a real-world setting**

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Supplementary Material Table 4. Additional results in form of interaction effects of mixed model analyses predicting mood (*Number of observations*=667).

Good–bad mood							
	Parameter	beta	SE	95%CI [LB, UB]	t	df	p-value
pre- to post-micro-intervention × micro-intervention day	-0.056	0.054	[-0.162, 0.050]	-1.042	613.6	0.298	
pre- to post-micro-intervention × technique: contemplative repetition vs. viscerosensory attention	-0.632	0.537	[-1.685, 0.421]	-1.176	613.1	0.240	
pre- to post-micro-intervention × technique: other vs. viscerosensory attention	-0.144	0.468	[-1.062, 0.773]	-0.309	613.3	0.758	
pre- to post-micro-intervention × condition	-0.105	0.404	[-0.898, 0.688]	-0.259	613.3	0.796	
Awake–tired mood							
	Parameter	beta	SE	95%CI [LB, UB]	t	df	p-value
pre- to post-micro-intervention × micro-intervention day	-0.036	0.056	[-0.146, 0.074]	-0.644	612.7	0.520	
pre- to post-micro-intervention × technique: contemplative repetition vs. viscerosensory attention	-0.248	0.558	[-1.342, 0.846]	-0.444	612.1	0.657	
pre- to post-micro-intervention × technique: other vs. viscerosensory attention	0.094	0.486	[-0.859, 1.046]	0.193	612.4	0.847	
pre- to post-micro-intervention × condition	-0.097	0.420	[-0.921, 0.726]	-0.231	612.3	0.817	
Calm–nervous mood							
	Parameter	beta	SE	95%CI [LB, UB]	t	df	p-value
pre- to post-micro-intervention × micro-intervention day	-0.024	0.044	[-0.111, 0.064]	-0.535	612.6	0.593	
pre- to post-micro-intervention × technique: contemplative repetition vs. viscerosensory attention	-0.236	0.441	[-1.100, 0.629]	-0.534	612.2	0.593	
pre- to post-micro-intervention × technique: other vs. viscerosensory attention	-0.190	0.384	[-0.943, 0.563]	-0.494	612.3	0.621	
pre- to post-micro-intervention × condition	-0.297	0.332	[-0.948, 0.355]	-0.893	612.3	0.372	

Notes: CI, confidence interval; LB, lower bound; SE, standard error; UB, upper bound.